

July 2011 - Urbana Senior Center Activities

301-600-7020 UrbanaSeniorCenter@FrederickCountyMD.gov www.FrederickCountyMD.gov/doa
 9020 Amelung St., Frederick, MD 21704 (1st floor of the Urbana Library)

*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk.
 Programs may be canceled if enrollment is low. Activities are subject to change.

<i>Mondays 8:30-4</i>	<i>Tuesdays 8:30-4</i>	<i>Wednesdays 8:30-4</i>	<i>Thursdays 8:30-4</i>	<i>Fridays - Closed</i>
				1 Center is Closed 1:00 *Y Fitness Club
4 Closed Enjoy the holiday	5 11:00 Exercise to Video 11:30 Sequence 1:00 Knitting Group 1:30 Rummikub	6 10:00 Bridge 11:00 Exercise to Video 1:00 Wii Bowling 1:00 *Y Fitness Club	7 11:00 Exercise to Video 11:30 Sequence 1:00 Plan 9 1:30 Cards/Games	8 Center is Closed 1:00 *Y Fitness Club
11 10:00 Knitting Group 10:00 Blood Pressure 11:00 Exercise to Video 1:00 *Y Fitness Club 1:00 Cards/Games/Wii	12 11:00 Exercise to Video 11:30 Sequence 1:00 Knitting Group 1:30 Rummikub	13 10:00 Bridge 11:00 Exercise to Video 1:00 Wii Bowling 1:00 *Y Fitness Club	14 9:30 Men's Discussion Group 11:00 Exercise to Video 11:30 Sequence 1:00 Cards/Games	15 Center is Closed 1:00 *Y Fitness Club Inner Harbor Trip
18 10:00 Knitting Group 11:00 Exercise to Video 1:00 *Y Fitness Club 1:00 Cards/Games/Wii	19 11:00 Exercise to Video 11:30 Sequence 1:00 Knitting Group 1:30 Rummikub	20 10:00 Bridge 11:00 Exercise to Video 11:30 Blood Pressure Noon *Omelet Bar/Nurse Steve 1:00 Wii Bowling 1:00 *Y Fitness Club	21 11:00 Exercise to Video 11:30 Sequence 1:30 Cards/Games	22 Center is Closed 1:00 *Y Fitness Club
25 10:00 Knitting Group 10:00 Blood Pressure 11:00 Exercise to Video 1:00 *Y Fitness Club 1:00 Armchair Travelers 1:00 Cards/Games/Wii	26 11:00 Exercise to Video 11:30 Sequence 1:00 Knitting Group 1:30 Rummikub	27 10:00 Bridge 11:00 Exercise to Video 1:00 Wii Bowling 1:00 *Y Fitness Club	28 9:30 Men's Discussion Group 11:00 Exercise to Video 11:30 Sequence 1:00 Cards/Games	29 Center is Closed 1:00 *Y Fitness Club National Cryptologic Museum Trip